

Your GUIDE TO HEALTHY TEETH

By Dr. Paul O'Malley and Tom Soracco

THE SIMPLE HELP
YOU NEED TO
HAVE HAPPY
HEALTHY
TEETH
FOR LIFE



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After all, Great Oral Health Is Cool!



Welcome and congratulations on making the choice to learn the basics of great oral health, and the reward of improved overall health that comes with it.

I am Dr. Paul O'Malley, a holistic dentist from Southern California. More than anything, I love helping my patients to not only save their teeth and fix their oral issues but to return them to a state of superb oral health.

For years, I have dedicated myself to the task of helping people lead happier and healthier lives through better oral health.

My mission as a dentist was to find the best possible routes to solid, sustainable oral health for as many people as possible. I had seen firsthand the pain and suffering of so many of my patients and I knew that prevention was the key to the problem. And so, I came to my passion, to proactively change the very face of oral health on this planet. A big dream, but one that was very needed and worthwhile.

I realized that I would have to research and develop a line of dental products in order to realize this mission. Products that would truly heal a person's mouth and that would restore great oral health to them, holistically, naturally and with lasting results.

And so, I founded Great Oral Health, Inc., a company dedicated to the mission of helping individuals achieve happy, healthy teeth and gums for life.

The full subject of oral health can be complex, but with some basic understanding, as well as learning and following a proper oral care regimen, you too can achieve great oral health with minimal effort in just a few minutes each day.

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Chapter One **Meet Dr Paul O'Malley**



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Meet Dr Paul O'Malley

A Leading Holistic and Cosmetic Dentist

As a dentist, my commitment has always been to help others enjoy better lives through healthier mouths.



The health of your mouth and the vibrant long-term health of your body can be seen as going hand-in-hand. I sincerely wish that this book empowers you with the effective tools and understanding that you need to enjoy both great oral health and vibrant overall health and longevity.

After graduating from the Creighton University School of Dentistry I successfully built a large multi-practice dental business. I turned this practice over to a national dental management company and moved to California to pursue my mission and dream... to elevate a dental practice by combining the best of traditional, holistic, cosmetic and biomimetic dentistry.

I succeeded in doing this, first in Beverly Hills and now in my Encino practice where I specialize in natural cosmetic dentistry and restorative dentistry founded upon holistic principles. Additionally, I am one of a handful of certified biomimetic dentists, as well as instructors, in the country.

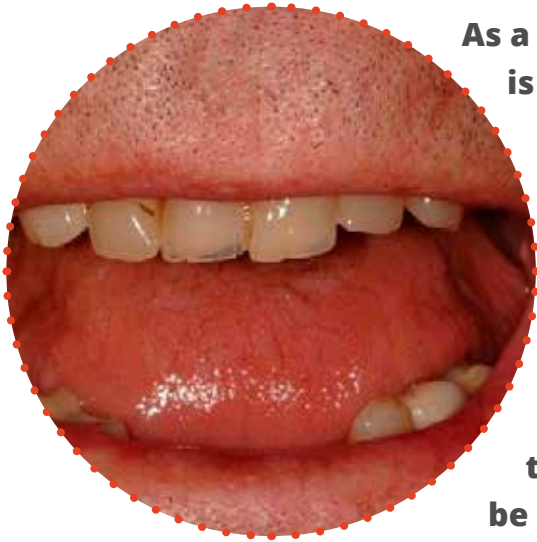
And now, to better help individuals across the globe, I have founded an oral care company, Great Oral Health, Inc., that specializes in researching and bringing the best of natural oral health products to market.

(Find out more at www.drpaulomalley.com)

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As a dentist, one of my most rewarding tasks is the opportunity to deliver a full mouth reconstruction and transformation. Those that require this service have been suffering from pain, discomfort and a greatly diminished quality of life.

These jobs are not easy and require not only great skill but often can take months to complete. And, needless to say, they can be quite costly.

The images to the left are a before and after of a gentleman in his early 60's that suffered from years of ongoing gum disease and tooth decay. He had lost almost all of his natural teeth and had been told that his only choice was to remove all his remaining teeth. Luckily, he came to me and we restored his mouth to a beautiful and functional state. Understand that it was not that he had neglected care of his teeth, but that the traditional tools and information had failed him.

Now he enjoys a fuller and more satisfying life, but how much better it would have been to have avoided the restoration by reversing the gum disease years earlier, with the help of this eBook guide.

Beyond restoring such mouths, my mission is to educate others in truly effective oral care and to provide them with the tools and supplements they need to build truly awesome oral health for life!



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Chapter Two **The Big Picture**



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WHY IS ORAL HEALTH SO IMPORTANT

Let's be honest, while there are those that take the "long view" and plan years ahead, the fact is that most of us tend to focus on the immediate.

Life grabs our attention, it pushes in on us on a day-to-day basis and dealing with big issues that might be years off are not often given a "seat at the table" however important they may be in the long run.

Tooth decay, gum disease, the spread of inflammation into the body, bacteria that "leaks" into our system, links to heart disease and a host of other health issues can take years to develop. In our busy, hectic lives it is easy to put off the consistent daily rituals and habits that could provide solid oral health.

And, let's be honest, people avoid dentists. Why? It is human nature to avoid pain and going to the dentist is associated with more than just physical pain. There is also the pain of spending money and the pain of the time it takes.

It is no wonder that the Surgeon General of the United States labeled oral health issues as "the silent epidemic" or that roughly 25% of American seniors have lost ALL of their teeth! *

"The sad part is that almost ALL oral health disease is preventable."

Dr. Paul O'Malley

And, with the number of serious physical ailments that are linked to oral health disease, reversing the oral health downward spiral is likely to have a significant positive impact on your overall health as well.

**Based upon information drawn from The National Health and Nutrition Examination Survey*



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RELATED PHYSICAL PROBLEMS

There are a host of physical problems that are now being linked to poor oral health. *This does not mean at all that poor oral health directly causes these ailments,* just that medical researchers have found a connection or relationship between poor oral health and the following physical issues:

- **Heart and Cardiovascular Disease**
- **Cardiovascular Disease**
- **Parkinson's and Alzheimer's Disease**
- **Premature Birth and Low Birth Weight**
- **Eating Disorders**
- **Rheumatoid Arthritis**
- **Head and Neck and other Cancers**
- **Immune System Disorders**
- **Mental Health Issues**
- **Diabetes**

While the cause-effect relationships aren't yet clearcut, the general theory is that poor oral health spreads infection into the body, along with promoting inflammation and taxing the immune system. This, in turn, promotes or assists the further development of the above physical problems.

Bottom line, do your overall health a big favor and remove poor oral health from the picture.

Thankfully, taking good care of your teeth and gums is one of the easiest lifestyle changes you can make!

So, a happy and healthy mouth can lead to life quality improvements and longevity that goes far beyond a fabulous smile!



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ITS NEGATIVE IMPACT ON LIFESTYLE

Bad teeth and poor oral health definitely add up to more than the sum of its parts when it comes to lifestyle and your quality of life. Constant pain, discomfort, poor sleep, not able to take part in many of the simple, yet vital, joys of life.

For example, there are lots and lots of fun things to do in life, but at the top of the just about anyone's list are the activities of eating and talking.

Imagine a day-to-day life where many forms of eating are close to impossible or just plain unpleasant. No easy enjoyment of meals as each bite is uncomfortable or painful or just so awkward that it is not worth it.

And how about a life where even talking with friends was difficult as it is so hard to be understood clearly as can occur when wearing false teeth?

Or being so embarrassed by your teeth that you don't dare smile? Or living with a face that has sunk in and looks years older due to shrinking gums and eroding teeth—not to mention the erosion of self-confidence and introversion that commonly occurs.

A survey done by the Kelton company showed, among other things, that close to 40% of Americans would not go on a second date with someone who had bad teeth. And close to 75% said that they would be more likely to trust someone with a nice smile than someone with a good job, outfit or car.

We won't even go into the drudgery many people wearing dentures experience. Nor bring up the tens of thousands that it costs to properly restore a full mouth.

Bottom line, bad oral health and a good lifestyle don't mix.



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Chapter Three **Myths of Oral Health**



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LEARNING AND GETTING THINGS DONE

While one could certainly make a long, complex list of the underlying causes of poor oral health, we are going to focus here on the primary causes with an emphasis on things that you can take charge of.

Learning can be fun, but it can also be very frustrating. Our job here is to make it not only simple but to make it very useful. So, we thought we would take a moment here to look at the task of learning itself.

First, the number one reason that we study and learn is so that we can actually DO SOMETHING and actually accomplish a goal. But too often a subject can be made so complicated and so far from real life that, try as you may, you never get anything done. No worries, our focus here is to give you the understanding and tools needed to predictably achieve greatly improved oral health.

Second, there is a big gap between just *knowing you should do something* and actually understanding the “whys and how comes” behind that action. We worked hard to give enough information so you can actually think with what you are doing rather than just robotically going through the motions.

A Couple Roadblocks to Learning

First, there is the idea that “I’ve heard this before” or “I know it all already.” Best thing to do, in this case, is to just ask yourself WHY you are studying or reading the new information. Having a *purpose* for studying something will make it easier and more productive.

Second, there are old ideas, that can conflict with learning new things. Often these ideas are false or just not workable BUT they can be roadblocks to learning new things. So, we will take a start here by looking at some of the commonly held beliefs about your mouth—that may not be so true—so that you can truly learn how to have great oral health for life.



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MY BAD GENES ARE THE PROBLEM

Some people might wish to rest the blame for their poor oral health on “bad genes.” And, it is important to understand that while genetics do play a part, your genes do not always guarantee a specific outcome but rather they present a potential outcome. An outcome that is either encouraged or inhibited by factors such as your diet and lifestyle.

You may or may not be aware but people in general have gotten quite a bit taller in the last century. Just go look at some beds in a museum and you might scratch your head on how anyone slept in them. Well this “tallness” did not happen because tall people got together and had kids (now with “tall” genes”). Nope, what happened is that our increased nutritional and caloric intake promoted growth.

A genetic predisposition refers to the presence of a genetic characteristic which can potentially develop into a condition as the result of individual lifestyle or environmental factors. In other words, it is a potential for something.

Medically speaking, this means that a person, you, could have a predisposition or be prone to various health issues which are encouraged or set off by your environment or lifestyle... think smoking, diet, lack of exercise, stress and so forth.

NOTE

Remember that a genetic makeup could make you more susceptible to certain conditions, but your lifestyle choices can be the triggers.

The point is that no matter your “bad genes” you can take action to improve your oral health. And, it is these actions done consistently, over time, that can put you in the driver’s seat for not only better oral health but for better health and longevity overall!



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HECK, EVERYONE LOSES THEIR TEETH

Here is a great myth, **it is normal to lose your teeth as you grow older.**

Well that is simply not true, our teeth are meant to last a lifetime. And, unless you play professional ice hockey, it is not normal to lose your teeth.

Nature built our teeth to be incredible strong and durable. Aside from accidents and other random events, your teeth are built to last a lifetime. Simply put, there are only three main reasons that individuals lose their teeth:

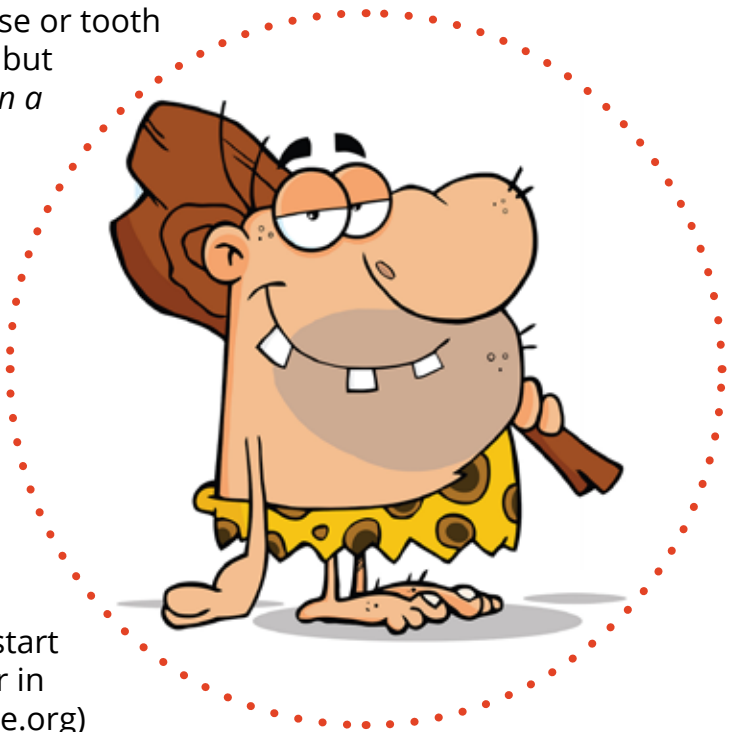
- **GUM DISEASE**
- **CAVITIES**
- **A BAD BITE THAT GRINDS—Requires orthodontics and/or custom splints**

Losing one's teeth, whether from gum disease or tooth decay, is almost always a preventable event but it requires proper care, diet and attention—*on a continued, regular basis OVER TIME.*

While there are some diets out there that claim that cavemen were free from tooth decay, this is not an established fact.

But one thing is for sure, their teeth have survived for 1000's of years and are the source of tremendous amounts of information regarding what primitive man ate and how they lived—*the point being that teeth are durable and built to last.*

Interested in early man diets? One place to start is the work of Weston Price, an early pioneer in diet and dentistry (<https://www.westonaprice.org>)



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CAVITIES ARE JUST A PART OF LIFE

Statistically, at least, this is true. Seeing as well over 80% of Americans have had at least one cavity before they reach 40. However, it doesn't have to be that way and as the old song goes, "it ain't necessarily so..."

So, while most all of us will have had one or more cavities, the fact is that it is not a natural condition to being human and tooth decay is quite preventable.

Despite fluoride toothpastes, mouthwashes, modern dental care, flossing and all of the other advances we continue to have a high rate of tooth decay, tooth loss and gum disease.

Thankfully something can be done about it.

While unlikely that we might eliminate tooth decay across the boards, it is certainly true that *cavities are primarily caused by actions we take, or fail to take, on a daily basis that promote bacterial overgrowth and imbalances.*

Statistics show that:

- Only 50% of Americans floss on a daily basis
- Close to 20% NEVER floss at all!

The statistics of people that brush twice a day are much better, close to 70% of us do that, but there is still room for improvement there.

The good news is that we can improve. Part of stepping up is gaining an understanding of the role bacteria plays in oral health, and why taking effective steps to improve one's bacterial health is so important to elevating the state of your oral health.



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IT AIN'T WORTH SPIT

Isn't spit just a bunch of water? Well, while spit or saliva is mostly water it contains substances that are critically important to the health of your teeth (and entire oral cavity) and, truthfully, life would be rather unpleasant without it. Saliva is produced by glands located on both sides of your mouth and near the cheeks. Good saliva flow is promoted by the chewing action in your mouth, which indicates how closely saliva is related to the process of eating and digestion.

Saliva does quite a bit, for example:

- Helps to stabilize the pH in your mouth
- Acts as a powerful cleaning agent to remove food and protein particles
- Assists in the beneficial balance of oral bacteria
- It works to fight germs and bad breath
- It helps you to chew, eat and is a vital part of your digestive process
- It provides minerals to keep your enamel strong

Lifestyle factors such as tobacco use, alcohol, medicines and even coffee and tea can cause a condition known as Xerostomia, or dry mouth, which is when your body no longer produces enough saliva.

Without adequate saliva, the conditions in your mouth change to being far more favorable for the growth of what are known as anaerobic bacteria (anaerobic simply means "does not like oxygen"). These bacteria are the ones that are pathogenic when in oversupply and now the stage is set for more acid, more tooth decay and the encouragement of bad breath.



If you suffer from dry mouth, then consult your doctor, drink more water and even consider chewing a sugar-free gum, such as a Xylitol gum to encourage a healthy level of saliva production.

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DANG BACTERIA, BETTER OFF DEAD

While none of us wishes to return to the “roughin’ it” world of dirt floors, straw beds and outhouses there is much to be said for a bit of dirt in our lives. The modern idea of super-sanitizing our lives, helped by advertisements, can be overdone and can even lead to health issues, digestive problems and a weakened immune system.

The idea that *“the only good bacteria is a dead bacteria”* is probably one of the biggest oral health falsehoods around. This vigorous campaign against bacteria, and the overly enthusiastic use of antibacterial products and cleaning aids, has contributed to numerous conditions and weakened states of health.

Why might this be?

- Perhaps because it seems like a simple enough idea to just kill them all, or
- Perhaps because there are bad bacteria and so all bacteria must be bad, or
- Just maybe it is because companies want to scare you into buying powerful anti-bacterial body products and cleaning products

Whatever the reason this false idea took root, we are here to tell you that the idea that *“ANY and ALL bacteria are bad”* is, well, just a bad idea. In actual fact, the majority of cells that make up a body are not human cells but bacterial cells!

The human race has evolved and survived in an active partnership with bacteria. Without this complex and BALANCED environment of bacteria to help you survive the simple fact is that you would die.

The key is not to kill them off but to create, promote and maintain healthy balances.



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A STERILE HOME=A “HEALTHY” HOME

First of all, your home is NOT a hospital or a surgical room, it is a home. While no one should live in filth, our bodies actually do better when exposed to life. An overly enthusiastic eradication of bacteria, in our bodies, our homes and even hospitals, has led to numerous problems, some quite serious such as the “super bacteria” that are incredibly tough to eradicate, resistant to all drugs and can be quite lethal.

Or the kids that develop immune deficiency syndromes as a result of living in hyper-clean homes and not being able to go out and play in the dirt. The medical remedy in many cases *has been to feed them dirt just so they can rebuild their internal bacteria and rebuild immunity.*

So, while reasonable hygiene and cleanliness is certainly a wise idea there is also huge merit in keeping these campaigns in balance.

When you blast your mouth with a constant stream of anti-bacterial mouthwashes and other such treatments you are also killing off all of your good bacteria. New bacteria will just grow back within hours BUT not necessarily in a good, natural and proper balance.

Anyone who has taken a course of antibiotics knows that these can play complete havoc on your internal digestive system. That is why weeks of ingesting yogurt is highly recommended after taking antibiotics. And that is why—after years of antibiotics, drugs, chemicals, additives and sugars—the average person’s digestive tract is a mess and they suffer from all manner of ailments.

So, yes, keep clean but be reasonable and don’t worry—your body is much stronger than you might think and has evolved to deal with bacteria.



A balance of bacteria is crucial to good health and to a strong immune system

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ONE PILL UNDOES YEARS OF DAMAGE

Many people start a course of probiotics and get frustrated when they don't see results after a week or two. They then give up or slack off. As with anything in life, unreal expectations and unrealistic estimation of effort leads to failure.

In all likelihood, it has taken years to upset your bacterial balance and it takes time to rebuild and rebalance your internal environment. (For your gut, this process can take up to six months and for your mouth, the process can take many weeks, if not months)

Now this does not mean that one won't see results or changes before then (most people do, sometimes even in days) but it is important to realize two simple facts:

1. Bacteria has evolved for eons to survive under the most difficult of conditions. It takes time to control the overgrowth of certain bacteria and to establish a more beneficial balance.

2. As the balance is being restored, the body is then able to heal BUT healing takes time. While these are not clinical trial results, we have received multiple reports from our users that their bleeding gums improve significantly after 10-12 weeks use of our oral probiotics (average time).

While your results may vary, the key to great oral health is first, restoring a beneficial bacterial balance and second, allowing your body the time to heal and repair. *If you want better health and results, be realistic, stay the course and give the process the time it needs to get the job done.*



The body takes time to heal/repair

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Chapter Four **Bringing It Home**



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MAIN SOURCE OF POOR ORAL HEALTH

There is the old “Pareto Principle” that states that 80% of results come from 20% of the actions or effort you take. In other words, you can get a lot done, with far less effort, if you can isolate and focus on the key actions that produce results.

So, let's keep it simple and focus on the primary culprit of poor oral health, and here it is:

Almost ALL gum disease, tooth decay and bad breath stems from imbalances and overgrowths in the bacterial mix found in your mouth. (The reverse is true, a healthy bacterial mix in your mouth will take you most of the way on your journey to solid, stable good oral health)

You may not realize but this is the main reason for all that daily work you do to take care of your teeth.

That is right, brushing, flossing, tongue scraping, rinsing and whatever else you do, is done primarily to control the bacterial overgrowth in your mouth.



Bacteria are ESSENTIAL for the health and vigor of your oral cavity, and in promoting great overall health and well-being.

The regular use of broad kill anti-bacterial products (not for acute medical needs) will likely lead to imbalances which can result in chronic physical issues.



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And so, here is the big reason that you brush and floss—not only to clean and get rid of the food and sugars BUT to **disrupt the growth cycle of the bacteria** and thus inhibit their production of nasty acids and other harmful byproducts.

The Big Picture Rule

Control the overgrowth and imbalance of harmful bacteria in your oral cavity

Promote the growth of healthy bacteria

And you will

1) crack the problem of poor oral health and

2) build truly healthful oral health.

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Chapter Five **Bad Breath Is No Fun**



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BAD BREATH, A VERY REAL PROBLEM

While there are a number of reasons we get bad breath, the truth is that studies show that 90% of all chronic bad breath stems from bacterial byproducts produced in the mouth.

Some of that bad odor can come from gums but the lion's share comes from the back area of your tongue. This is a perfect place for certain bacteria to grow, it is dark, moist and generally undisturbed. The tongue may look rather smooth but for bacteria it is a wonderland of deep pockets and crevices to hang out in.

A clinical study done in Belgium on bad breath showed that 76% of the people had oral causes. Within this group, the breakdown of oral bad breath causes was: tongue coating (43%), gingivitis/periodontitis (11%) or a combination of the two (18%).

In short, what happens is that the bacteria produces some other stinky sulfurous gases—think rotten eggs and stench—called *volatile sulphur compounds* or VSCs. It is a foul smell that can create real problems in the social world, affecting friendships, work and certainly self-confidence.

Now, while mouthwashes and anti-bacterial treatments can produce temporary gains (or at least cover-up) the reality is that bacteria are very, very resilient. They have evolved with a single mission, to SURVIVE, and they do it well. So, while you can try to knock them out with popular mouthwashes these bacteria spring back within hours. And, to make matters much worse, these mouthwashes kill off all the bacteria, disrupting the natural balance in your mouth, which can lead to a stronger regrowth of the stink-producing bacteria.



The solution is a good oral health regimen, care from a dental professional and routine actions to ensure a healthy bacterial balance.

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ONIONS, GARLIC AND ALL THAT

It would be silly to ignore the temporary sources of bad breath. But these are rarely equal to the really offensive breath, think rotten eggs and doggy doo, that result from chronic bacterial-based bad breath.

The best bet here is simple oral care after meals. These bad breath sources are temporary and will fade away fairly rapidly, especially if basic oral care is taken.

TIP: A mouth that has a strong and healthy mix of bacteria will also be more proactive in breaking down food particles and residues... and produce far less bad odors stemming from their feeding and growth cycle.

Most powerful mouthwashes are designed to mask odors while KILLING off all bacteria, the good with the bad. (The alcohol and chemicals also dry out your natural saliva flow) This bacterial broad-kill can actually reinforce chronic bad breath by encouraging the reestablishment of bad bacteria!

So here is the drill. After consuming “stinky” foods, realize you need to clean your mouth. First, wait about 15-20 minutes as this will allow your saliva to go to work, doing its job of stabilizing your mouth and remineralizing enamel. A simple water rinse, add some sea salt if it’s not too difficult, and you are good. (NOTE: if it was a super-rich or heavy sugar meal then skip the 15-minute wait and swish immediately)

You can also use a super-blend of essential oils to help control post-meal bacterial growth and to provide a pleasant odor. Blends such as our *OraRestore* are designed for exactly that purpose and can be added to water for a rinse, put onto a toothbrush or floss, or just simply rubbed onto your gums with your finger.

Voila! Fresher breath and bacterial control is taken care of.



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CHECK WITH YOUR DOCTOR

In some cases, bad breath can be indication of other systemic body conditions.

There are body conditions that can cause or contribute to bad breath. Although these are not common (less than 10%), it can be wise to check with your doctor. Post nasal drip, for example, can be a cause of bad breath as the excess mucus provides a steady source of food for the bad bacteria.

Particularly if you are suffering from other health complications and conditions, you should speak with your medical professional when suffering from chronic bad breath.

Additionally, chronic bad breath sufferers should always have their teeth and gums examined by a dental professional, who may recommend specific treatments alongside of any other bad breath remedies.

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Chapter Six **A Word on Sugar**



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Here's a good question. Why is sugar so bad for your teeth?

While there are many good reasons to avoid sugar and why sugar is bad for your teeth, we are going to keep it simple and focus on two big reasons.



First, sugar is a superfood for the “bad bacteria”

Sugar promotes bacterial overgrowth, they then create acids and other bacterial byproducts that literally destroy your teeth and gums. These bacterial byproducts are the primary agent behind tooth decay, gum disease and chronic bad breath.

Imagine if you applied a fertilizer to your lawn that favored the growth of weeds over your good grass. The weeds would just take off and leave you with a pretty ratty lawn. Sure, you could get out there and use weed killer and spend a ton of money on the gardeners to hand pull those weeds. But as long as you kept feeding them, they would just keep growing and growing.

Well, sugar is a superfood fertilizer for the growth of bacteria.

Certain bacteria produce acid as a part of their growth cycle (this leads to tooth decay, bone disintegration and gum loss). The acid changes the pH level in your mouth—discouraging the growth of other healthy bacteria (which then promotes more imbalance). Finally, as the bacteria dies off, they leave plaque and tartar deposits (gum disease and deep pockets).

By the way, as an additional benefit to a healthy bacterial balance, the viruses and bacteria which are responsible for colds, bronchitis and such, generally thrive in an acidic environment. So, a normal, slightly alkaline pH, balance in your mouth can help you stay healthier and avoid colds and other related illnesses!

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There is a second, important reason that the consumption of sugar is bad for your teeth and gums.

Aside from the promotion of bacterial growth, consumption of sugars and simple carbohydrates can actually affect the way your body operates.

Studies have shown that the over consumption of carbohydrates, sugars, etc. can change your blood chemistry. Your diet, particularly when simple carbohydrates, sugars and the “bad foods” are dominant, affects your internal levels of calcium, phosphorus, glucose, cholesterol and triglycerides (a type of fat).

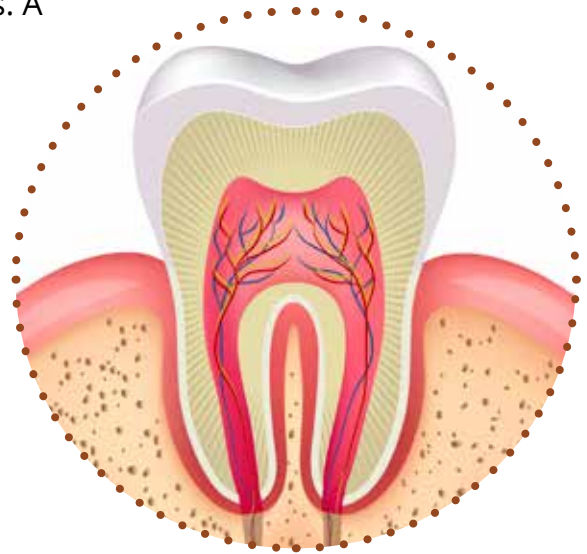
While this is not good for your overall, long-term health, you might ask, “What does this have to do with your teeth?”

Simple, your teeth are a living part of your whole body and while they certainly appear pretty solid but they aren’t just dead rocks in your mouth. There is a flow of nutrients and fluids that actually work through “tubes” in your teeth. This flow works to nourish your teeth, to protect them against decay and attack and to prevent the entry of bad bacteria, germs and toxins. A normal healthy flow works from inside-to-outside—which explains the mechanism that keeps toxins from flowing INTO the teeth, and subsequently the blood stream.

According to research findings, this flow can not only be interrupted but it can actually reverse—pulling in bacterial contamination, weakening the tooth and promoting tooth decay.

And you guessed it, *Sugar is one of the main villains behind disrupting the healthy flow through your teeth.* (Other factors include stress, lack of exercise, chemicals/drugs, mineral deficiencies and genetic factors)

Do your mouth a favor and limit the intake of sugars and simple carbohydrates.



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In my work as a dentist over the past several decades, I have seen some real disaster cases.

Rotten teeth and inflamed gums that require serious intervention and extensive work to restore. In most every case one or more of these three factors were at work: heavy consumption of sweets (juices and wine included), lots of soda drinking (very acidic) and smoking.

***A* Recipe for Disaster**

**Consume lots
of sweets
and sugars,
including juices
and wine.**

**Drink tons of
sodas and pop.**

Smoke!

**Guaranteed to
ruin your teeth
and gums.**

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Chapter Seven **Smoking and Oral Health**



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SMOKING AND YOUR MOUTH

Then there is tobacco.

As a smoker, you have probably heard it all. Knowledge is power and we hope that this data will help you to make your own decisions about your health and life.

Here is some more info on why you might want to quit

Aside from the complex mix of toxic additives and ingredients contained in tobacco products (over 2 dozen known carcinogens), the fact is that smoking:



DRIES out the saliva in your mouth (see preceding segment on dry mouth and its dangers).

Smoking also appears to affect the healthy attachment of soft tissue and bones in your mouth.

It also impairs the healthy flow of blood to your gums

And, as stated above, smoking really messes up the beneficial bacteria in your mouth.

It would be great to quit smoking. But, whether you quit or not, you must triple up on your oral care, hydrate heavily—especially when smoking and take the extra effort to populate your mouth our blend of beneficial oral probiotics.

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SMOKING AND HEALTHY BACTERIA

Smoking is just about one of the worst things you can do for your mouth—the other being a heavy consumption of sodas. The chemicals and tars in smoke are bad by themselves, but the damage that these toxins do to your oral bacteria greatly compounds the harm.

In a non-smoker's healthy mouth, the oral bacteria grow as a normal process.

But smokers are a different story.

Studies have shown how the activity of smoking not only kills off and disturbs the bacterial colonies (*called the biome or biofilm*) but that smoking also completely disrupts the regrowth process. This now inhibits normal enzyme reactions in the mouth—leaving the door wide open to an invasion of harmful bacteria.

Picture your oral BIOME as a diverse neighborhood that is balanced and mutually beneficial—everyone has and does their job. Now imagine attacking that neighborhood. The balance is not only disrupted but the area is now wide open not only for outsiders to enter but for certain types to take over, blocking the balanced rebuilding of your biome.

Now it takes much longer time for the beneficial bacteria to regrow. As they are trying to repopulate they are crowded out by other bacteria and infiltrated by numerous pathogenic bacteria as well. Not a good picture for overall good health, is it?



Remember our basic lesson, that the key to great oral health is to maintain a happy and healthy bacterial balance in your mouth.

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The
But
and

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Steps to Take if You Are a Smoker (not bad for non-smokers either)
(NOTE: The following will NOT erase or eliminate the damage that smoking causes to your mouth, but they will help to at least strengthen your body's ability to fight the harmful impact). The following are just a few, basic steps to get going.

NOTE

STUDIES HAVE SHOWN THAT OXIDATIVE STRESS COULD PLAY AN IMPORTANT ROLE IN THE INITIATION OF DISEASES. SMOKING HAS BEEN SHOWN TO INCREASE OXIDATIVE STRESS. INCREASING THE INTAKE OF ANTI-OXIDENTS CAN BE OF BENEFIT

Green Vegetables

You really cannot overdo it on the consumption of fresh, green vegetables, especially the dark greens such as kale or spinach.

Fresh Fruits

Fresh berries like blueberries, blackberries, cranberries, and raspberries, eat fruits in moderation due to the sugar content

Vitamin C & E

While your best source of vitamins is from the foods you eat, smokers should add vitamin C and E on a daily basis

Oral Probiotics

Smoking really messes up your oral bacteria. Smokers should take 2 of our tablets, TWICE DAILY, per the directions.

Organic Green Tea

A good choice is organic matcha tea, loose leaf is best.

Diet and Exercise and Such

First, the fruits and vegetables should be fresh and organic, a smoker needs ALL the nutrients they can get. Make green leafy vegetables the focus of your daily diet. Avoid sugars and limit grains. Add some nuts-pecans, walnuts, and hazelnuts are great choices. Get some exercise-such as walking, plenty of sleep and really, really work to JUST QUIT.

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Chapter Eight **The Miracle of Oral Probiotics**



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WHAT EXACTLY ARE PROBIOTICS?

The World Health Organization defines probiotics as: *“live organisms, which when administered in adequate amounts, confer a health benefit on the host.”*
In simple terms these are beneficial bacteria that, when taken properly and adequately, give the host-you-a healthy benefit.

By now most people are familiar with the idea of supplementing our diet with yogurt and other fermented foods to boost the healthy bacteria in our gut.

Especially after taking a round of antibiotics, it is very important to rebuild the gut bacteria that has been killed off and to reestablish a healthy balance.

In fact, there is a name for these groups or colonies of bacteria in our body. It comes from the word “biome” which is a large group of plants and animals that share common characteristics. In the human body this group—made of bacteria, viruses and any other microorganisms—is collectively called the “microbiome” or sometimes referred to as a “microbiota.”

Now the microbiota is not just some tagalong bugs or invaders. They form a critical part of our very lives.

Microbiota play a very big role in our immune systems, our hormonal activity and in our metabolic system.

The study of how bacteria helps us to digest food, for example, is only beginning to be really understood. However, it is quite clear to medical researchers that without a supply of healthy gut bacteria it would be quite difficult, or impossible to break down certain foods or to properly nourish ourselves.

In short, they are vital players in the game of life and when they get out of balance or diminished then health issues and physical problems can follow.



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OK, BUT SERIOUSLY, ORAL PROBIOTICS?

With the growing awareness of how oral health disease can broadly affect the health of the entire body, there has been increasing interest in the subject of oral probiotics within the scientific and medical community.

Your mouth has a broad and diverse community of bacteria. This community is one of the body's important microbiota—think of these as “bacterial neighborhoods.”

This “neighborhood” of bacteria, when healthy and in balance, plays an important role in not only keeping your gums and teeth healthy but in other important body processes, from digesting your food to helping you to fight off various infections—particularly those that are strep related.

When this microbiota gets out of balance, due to factors such as sugar consumption and antibiotic treatments, then certain strains of bacteria take over. Yikes, this is not a good thing.

This shift in the “neighborhood” leads to problems, rather like urban decay. As the imbalance settles in this then leads to: the development of gum disease and tooth decay, a higher incidence of ear-nose-throat infections, chronic bad breath, oral candida, weakened immunity, digestive issues and other conditions.

There are literally volumes of information that could be discussed here, but that is not the intent of this book. We are going to keep it simple here and cover, in brief, the main actions of oral probiotics and how they can help you to kill off or inhibit the growth of “bad” bacteria and so create a healthier, more vital environment in your mouth.



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NATURE'S OWN ANTIBIOTIC SWAT TEAM

While we certainly could not cover the entire subject of antibiotics or natural curing agents in this eBook, we can take a look at one important term in the world of oral probiotics—a BACTERIOCIN.

A bacteriocin is a very interesting critter. The word basically means “bacteria killing” and it refers to the protein-based toxins that one bacterial strain would produce that would inhibit or kill off similar or related bacteria strains.

So, a bacteriocin is not a type of bacteria but a toxin produced by bacteria that normally colonize human bodies. This toxin targets specific bad bacteria and so helps to keep you healthy and safe.

Bacteriocins have attracted much interest in medicine as one is using non-pathogenic bacteria, that is naturally found in the human body, to combat bad bacteria that otherwise harm you. And so, scientists and medical researchers are constantly studying how to use friendly bacteria and the bacteriocins they produce to specifically and naturally target pathogenic bacteria.

One example is the Lactobacilli (*“lacto” means milk, “bacilli” is just a name for bacteria that have a rod-like shape*) found in a woman’s reproductive tract. This Lactobacilli inhibits the growth of other bacteria. The use of antibiotic medicine also kills off the Lactobacilli. Now there is an overgrowth of the bad bacteria which then results in reproductive tract problems, particularly yeast infections.

Now, knowing what a bacteriocin is, you get a better idea of one powerful actions of the bacteria found in quality oral probiotics. These naturally occurring bacteria colonize your oral cavity and produce toxins that inhibit the growth of specific pathogenic bacteria. This all occurs through a natural process that boosts your microbiota and builds a stronger foundation of oral health.



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BLIS K12™, THE PROBIOTIC OF THE AGES

Let's take a look at one of key bacterial strains in our oral probiotic blend, BLIS K12, BLIS stands for Bacteriocin Like Inhibitory Substance. Sounds like a mouthful, but basically it is just means that it can act like an antibiotic by naturally inhibiting the growth of specific bacteria.

BLIS K-12 has also been called "*the probiotic for all ages*" due to its wide range of beneficial health benefits.

BLIS K12 is a patented strain of bacteria that is extremely safe and quite powerful. It is a variant of a type of bacteria called *Streptococcus salivarius*—which is normally found in our mouth and throat. However only an estimated 2% of the human population has an abundant amount of more potent strains of *S. salivarius* such as the patented BLIS K12 strain.

Studies show that children with naturally occurring microbial strains like K12 are better able to maintain mouth and throat health.

S. salivarius K12 was discovered and isolated by a renowned microbiologist in New Zealand. In searching for naturally occurring bacteria to support throat health, his team found a super healthy child that demonstrated amazing oral health. From this discovery, they were able to isolate and then to develop the strain of advanced oral probiotics known as BLIS K12.

Here are some of the health issues that BLIS K12 has been shown to have a positive effect on: Streptococcus infections (sore throats), Otitis Media (ear infection), Tonsillitis, Dental Caries (tooth decay, Halitosis, Periodontal disease and Candidosis (Oral Thrush).



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FURTHER BENEFITS OF ORAL PROBIOTICS

Another positive benefit of oral probiotics is that they help to maintain a proper pH balance in your mouth. This is pretty important as your pH balance can make a huge difference in how you function in life. Throughout your body different ideal pH levels are constantly being maintained and when these go off, particularly on a chronic level, then illness and disease can set in.

For example, the acids produced by the bad bacteria eat away at your teeth and promote tooth decay. Factors such as oral probiotics, and saliva, supply the alkaline balance necessary to counteract and offset this acidity.

Additionally, oral probiotics can also help to boost your immune system and tests have shown that oral probiotics can strengthen anti-viral immune responses.

The use of oral probiotics is using nature's own tools to fight off bad health and disease, or as we like to say, "fighting fire with fire."

While the field of oral probiotics is still quite young compared to our knowledge of gut probiotics, studies have clearly demonstrated the powerful health benefits connected with the ongoing use of oral probiotics.

NOTE: In contrast to the use of most intestinal probiotic supplements, it has been observed that oral probiotics require ongoing dosages to maintain adequate colonization in order to achieve optimal health benefits. In short, even once you have stabilized your oral health you should continue with an ongoing maintenance level of oral probiotics.



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WHY NOT “JUST NUKE THEM?”

Here is a good question, “Why not just kill off the bad bacteria with potent mouthwashes, such as chlorhexidine?”

Well, there are times and instances when this has to be done, perhaps in relation to an injury, some dental surgery or an acute, threatening infection. But for a permanent and long-term solution, as well as for promoting stable oral health, this approach does not really work all that well.

One, killing off all the bacteria also kills off the good bacteria. The result is that the bad bacteria will generally overgrow and that your mouth is now open to invasion by other pathogenic bacteria.

Two, bacteria is very, very resilient and has evolved to survive. The ongoing use of antibacterial products can force these bad bacteria to really dig in and entrench themselves deep into your gums and mouth—not a good idea at all.

Three, these products do little, if anything, to restore a healthy pH level in your mouth. As covered earlier, maintaining a slightly alkaline pH level in your mouth is crucial to long-term oral well-being.

Four, these “nuke them” strategies only provide short-term relief and so are inefficient and ineffective solutions. Bacteria will grow right back anyways, usually within hours, so those anti-bacterial mouthwashes and chemical laden toothpastes are truly just temporary solutions and never correct the problem—just drain your wallet!

Oral probiotics provide a stable and “24/7” counterattack to the bad bacteria underlying gum disease, tooth decay and chronic bad breath.



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HOW TO TAKE ORAL PROBIOTICS

Taking oral probiotics is quite simple, the important thought to keep in mind is that you are dealing with a live process, not drugs or chemicals, and that what is doing the work are live bacteria.

With that in mind, there are a couple of senior rules to honor:

One: Make sure that the oral probiotics you take actually contain live and potent bacteria... otherwise you might as well just chew chalk. Our oral probiotics, for instance, are manufactured utilizing a proprietary and patented process called **live bac™** that protects the live bacteria and guarantees potency for 18 months after the date of manufacture.

Two: Avoid taking antibacterial products, such as mouthwashes or even toothpastes, in the same time period and don't disturb your mouth (and the colonization process) for roughly 30 minutes after chewing.

Taking them couldn't be simpler. Just dissolve (Don't chew) the tablets and let the substance sit in your mouth for a half a minute or so. (pay attention to the time, 20-30 seconds is longer that you would think!) You can swish it around, use your tongue to rub it around or just hold it.

Then either spit or swallow and avoid disturbing them for at least 20 minutes so they have a chance to colonize and populate. That's it.

As a note, our advanced and patented blend of seven strains of oral probiotics are designed to improve your oral cavity and not for your gut. The point is to see that these friendly bacteria populate your oral cavity so, after chewing, be sure to not disturb them for 30 minutes and let them go to work!



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MORE ON TAKING ORAL PROBIOTICS

Unlike gut probiotics, oral probiotics require ongoing population. Once your mouth has stabilized you can cut back to lower doses, and even frequencies, but you should maintain this supplementation on an ongoing basis, as a part of your regular oral health regimen.

When first starting a course of oral probiotics it is best to double up, once in the morning and once at night, for the first month. In severe cases, it can even be beneficial to “triple up” for several weeks. The intention here is to really load up your mouth and overpower the “bad” guys.

After the first month, you can dial it back to just once per day, preferably at night. (Once again, severe oral health conditions would call for continuing morning and night until positive change is seen—such as no more gum bleeding, for example.) Ideally you would continue with this dosage (2 tablets, taken at night) for six months *or until significant improvement is seen*.

Then you can dial it back, take one every night.

Remember in working with any probiotics that you are working with a live process and living organisms, not drugs, and that you have to give the bacteria a chance to “settle in” and populate.

Obviously if one gargled with an antibacterial mouthwash after taking one’s oral probiotics then the rinse would wipe out the new guys coming into the neighborhood. Same for brushing, drinking, eating, tongue scraping and any such disturbances.

The best time, then, is at bedtime as the last step of your oral hygiene routine.



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OUR PATENTED ORAL PROBIOTICS

All probiotics are not alike. There are several critical factors to consider: One—how effective are the strains chosen, Two—how are the probiotics packaged and manufactured to ensure that you receive a potent dosage and Three—is there an adequate and proper synergistic blend of strains.

Our advanced blend of oral probiotics was developed over years of research by Dr. Paul O'Malley DDS. These were the first product in his line up as he saw the critical role that they played in reversing the epidemic of oral health disease.

Our proprietary and patented blend, of SEVEN strains of beneficial bacteria,, was carefully crafted to work as a synergistic team to get the job done in restoring your oral health. Each strain has a job to do and together the total is greater than the sum of its parts.

Additionally, we have added ingredients to assist in the remineralization process as your body heals once the bacterial balance is restored.

Our oral probiotics are manufactured in a state of the art facility, using a patented process called "Live Bac" that guarantees potency for 18 months after the date of manufacture. This process also means that you do not need to refrigerate the probiotics, how convenient, as long as they are kept in a normal temperature zone.

With the inclusion of the powerful BLIS K12™ and M18™ strains of oral probiotics, you can rest assured that you are getting the power and potency you need to get the job done.

(BLIS K12™ & BLIS M18™ are trademarks of Blis Technologies LTD US Patent #6773912 & 7226590)



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And a final note, your oral health problems did not happen overnight, in most every case these issues took YEARS to develop. The good news is that they can go away and you can have great oral health again. But the realistic news is **that this process will take time, not years, but certainly weeks and/or months.** So, be patient, be consistent and be happy.

**Using
Nature's
Power to
Fight Fire
with Fire**

Build true oral health with healthy gums and teeth naturally and powerfully

Restore a healthy bacterial balance in your mouth.

Experience fewer colds and sore throats.

Have fresher breath and a healthier smile!

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Chapter Nine **Real World Experiences**



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What Doctors Have to Say...



I have been using the Great Oral Health Advanced Probiotics for 3 weeks now.

My mouth feels cleaner and fresher. I wake up in the morning with a fresher taste in my mouth. My teeth feel clean for the rest of the day.

I would definitely recommend this to my patients for long-term care.

— Dr Jim Hartzel
DDS CDT



I have used Dr. O'Malley's chewable probiotics for five months now and have noticed a significant reduction in the amount of inter-proximal anaerobic bacteria, the type which causes oral malodor.

There is virtually no detectable odor after flossing between any of my molars, each of which has a full or partial coverage restoration. My teeth also appear less stained and brighter even given the fact that I drink two to three cups of coffee per day!

— Dr Greco
DDS

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I have been using Great Oral Health oral probiotics for three months now.

As a medical doctor the approach made sense to me, and within just 3 days of use I noticed a total absence of morning breath.

After about two weeks of use I found I was occasionally forgetting to brush until later in the morning - that is because the usual nasty morning coating was absent. Medically this is called a “biofilm” and it consists almost entirely of stinky bacteria.

But I’m very excited about what this may mean for my dental health. Although the manufacturers make no such claim, I am certainly hoping that the dramatic change in my oral bacteria caused by use of this product will diminish or eliminate low level periodontal disease.

There is abundant medical evidence for the relationship of high levels of “bad” (and smelly) mouth bacteria to an increased risk of serious medical problems such as heart disease, stroke, pneumonia or giving birth to underweight babies, to name a few. Therefore, I have urged my patients and family to take this effective oral probiotic.



Dr Moira Dolan, MD

Dr Greco, DDS

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Testimonial from a User

I've been taking mint flavored Oral Probiotics from Great Oral Health now for six weeks and I can tell you that they have solved my chronic bad breath.

I've suffered from bad breath for years and have tried just about everything with limited success. My brushing and flossing habits have been good... not great but good and I've scraped my tongue, used mouth wash, breath strips, breath spray and breath assure gel tablets, but nothing had really solved the problem.

As anyone who suffers from chronic bad breath can tell you, it's disheartening... there's nothing worse than being in close proximity to friends or loved ones and having to constantly wonder if your breath is offensive. I had heard about the benefits of oral probiotics in solving bad breath and decided to give it a try.

I followed the directions using one chewable tablet in the morning and one in the evening for 30 days. After taking two tablets for 30 days I now use one tablet daily. I had immediate success but have been hesitant until now to write a review as I wanted to see if the results would last.

It's been six weeks now and my breathalyzer/wife tells me that there has been no hint of bad breath.

*Andrew S.
A Satisfied Customer*

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Chapter Ten **Lifestyle and Oral Health**



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DIET, SIMPLE IS EASIER TO DO

Note: This is not intended to be a dietary guide for those with food issues such as gluten intolerance, food allergies, Crohn's Disease and so forth.

Restoring a balance of beneficial bacteria is a key target for stronger teeth and gums, to boost your immune system, aid digestion and to improve nutritional absorption. All in all, a better balance equals a better quality of life.

This is far simpler than some diet books and programs might make it seem.

Start by decreasing intake of sugars and other nutrition-poor but calorie rich simple carbohydrates such as chips, breads and cookies. Ideally, make such foods a treat or special occasion and keep them away from your daily plate. Chemicals, artificial ingredients, unpronounceable additives and preservatives are obviously OUT. They are bad for you and certainly bad for your bacterial buddies.

Focusing on an abundance and variety of vegetables (dark green leafy in particular), quality fats, a reasonable amount of protein, some fruits, some nuts, complex carbohydrates (such as sweet potatoes) and ideally adding fermented foods to your diet. If you can tolerate them, then a moderate amount of whole grains, and even some dairy, can be beneficial as well.

These foods help to keep your pH balanced and help to promote a healthy microbiome.

Eat a variety of foods to best meet your nutritional needs. Keep your food fresh, ideally as close to natural as possible, and organic when you have the choice.



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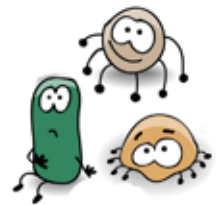


FOLLOW YOUR GUT

There are literally hundreds of types of bacteria in your intestinal tract. These are generally not found in the stomach, too much acid for the bacteria to survive, but your intestines and colon abound with them. They play a VERY important part in the digestive process.

Your gut bacteria weigh about 3 pounds and they do quite a bit.

They play a role in: making indigestible food digestible, protecting you against the attack of micro-organisms, produce various vitamins that are crucial for your health, produce all kinds of system-vital enzymes and are indispensable to the process of breaking foods down into the nutritional particles that keep you alive and healthy.



Taking probiotic supplements to rebuild your gut can be highly beneficial. But equally important for your gut, if not more important, is to naturally boost your gut bacteria with fermented foods and by using what are called "prebiotics."



For fermented foods, add things such as sauerkraut, yogurt and kefir. If you can tolerate soy, then tempeh and miso are good choices. Kimchi, the Korean sauerkraut, is a great source of beneficial bacteria as is the fermented tea known as kombucha—these are all excellent additions to your diet.

Prebiotics are foods that help your gut bacteria to flourish and encourage the growth of a healthy, complex gut biome. The best source are SOLUBLE fibers (not insoluble fibers such as bran). These are foods that are a bit oddball for most of us, such as Dandelion Greens, Jerusalem Artichoke and Chicory Root, and you can search the web for more ideas. Honestly though, you can also keep it simple and just buy a PREBIOTIC POWDER supplement to add to shakes.

Perhaps these foods aren't normally in your wheelhouse, but eating these foods will do wonders for your gut, so they are worth bringing on board.

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THINGS TO AVOID OR LIMIT

The concept of frequency of intake and timing definitely plays a role. Daily bombardment of sugars and simple carbs can lead to a vicious cycle where your body can never get beyond the damage control phase—meaning healing and repairs don't get done.

Perhaps in an ideal world of perfect willpower and everyone around you on the same diet page, it would be easy to never touch sugar, treats and junk food. But until that world appears, we have to live in the real world. So, when we say “avoid or limit” we simply mean remove them as a part of your *regular, daily, ongoing diet*.

Few people need to completely abstain from any and all sugar, white bread, alcohol, etc. Sure, some of us have physical challenges that make this a must but for the average person this is not needed or realistic.

By enjoying these foods as treats you will be allowing your mouth, and body time to rebound and repair. Occasional indulgences won't have a significant negative impact.

As is true for most things in life, moderation is the key to long-term health and longevity.

To Avoid or Limit:

- Sugars, fruit juices and corn syrup
- Simple Carbohydrates—such as white flour
- Alcohol
- Energy Drinks (loaded with sugar)
- All Sodas—both diet and sugary, as these are extremely acidic
- Chemical additives, preservatives and artificial sweeteners



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VITAMINS AND SUPPLEMENTS

There is NO substitute for a varied and healthy diet to obtain your vitamins. In particular, a healthy gut bacteria is key to the production of many vitamins, so fostering that should be a part of your game plan.

How about vitamins and supplements?

Probably nothing wrong with taking a reasonable number of supplementary vitamins, minerals and such BUT these come after addressing your diet and after getting some exercise/movement in your life.

Solving any problem normally involves assigning relative importance to the factors of a solution. Some are far more important and deserve the lion's share of attention and effort while others fall into the category of "nice to do" and "it couldn't hurt."

Ideally you will strive to obtain your vitamins and minerals from the foods that you eat.

There is much to be said about the nutritional depletion in our present day foods. But, that being said, natural foods still can contain hundreds of nutrients that work in a synergy, so isolated nutrients from supplements alone are rarely as effective or beneficial as eating quality foods.

So take your supplements, many illnesses and physical conditions can greatly benefit from supplementation, but also keep your diet rich and varied.

Just remember that taking vitamins and supplements won't replace good, quality food and a rich, varied diet.



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EXERCISE, GO WITH THE FLOW

Your body is not a static machine. It was built to move.

Finally, the ugly word, exercise.

For some this is a joy, for some an addiction and for many—pure torture.

Yet exercise is VITAL to your health. Did you know that your lymph system (this transports all sorts of things around your body) does not have a pump like the blood system? Nope, it relies upon muscular contractions to get stuff moved around your body. Even your teeth require body exercise to maintain a healthy (although slow) flow of nutrients through the gums and the teeth.

Without motion you will suffer from an impaired state of health.

The resistance to exercise likely comes from several sources.

One is just plain inertia. A body at rest will tend to remain at rest... so you have to make yourself move.

Another is habit. It is said that it takes six-weeks of consistent action to form a new habit. So, make yourself a six-week plan of moving and see what happens.

Then there is the “culture of exercise” that has built a shrine to gyms, routines and “hard workouts.”

Be smart, start off with something you can do. Find something you enjoy and move, it is actually fun to simply get out and walk with your dog or a friend. Take the stairs. Park further from the store. Do some yoga. Get up from your desk and walk around the office. Smile and have fun!



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Chapter Eleven **A Mother's Story**



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Using Oral Probiotics a Mother's Story

I was told about Great Oral Health probiotics by a dental professor, and one of the creators of the HEAL-OZONE.

My son was only 11 months old when I noticed a tiny hole developing in the front surface of one of his lateral incisors. I was horrified, as our daughters had had earlier and severe tooth problems. In fact, our second child had had to have her front four teeth restored under general anesthetic at only 12 months old. Now, here it was happening again to our 3rd child!

We had been very strict with his diet and quite religious with brushing twice-a-day with a Sonicare toothbrush from day one. In addition, he didn't get sweet foods very often—as we were very aware of the potential for problems due to the earlier issues with our daughters.

We were the most strict people I knew with “teeth” routines, yet none of my friends have had this happen—yet we had now had it happening yet again with our 3rd child!

With the first two children, I was blamed for breast feeding them at night and told I must stop immediately or risk all of their teeth decaying. Luckily I knew, through good research, that this was not true, yet something was still out of whack.



Frankly, I couldn't believe this was happening yet again!

A Mother's Story—continued

Now I was being passed around a number of dentists from NHS (National Health Service) to Private Practitioners.

They all said there was nothing they could do but to wait to pull his teeth. Or the option of going to a private dentist in London who was the only one I could find who could work on infants under GA (General Anesthetic) and have his teeth restored... at a cost of around £4200, which was financially out of the question for us.

I was beside myself, as by now 6 months had passed and the one tiny pit in one of his front teeth had grown into crescent shapes eating out of the bottom of all 4 front teeth.

It happened very quickly and showed no signs of ceasing despite trying everything possible.

Fortunately, from using the “very young kid’s teeth” Yahoo forum, I found a great dentist, Dr. Keith Hollander who also brought in an associate that utilized ozone.

They offered to try “HealOzone” on my son’s teeth, finally bringing help after no one else could help us.

They also put me in touch with Dr. Paul O’Malley, after he had told me about the oral probiotic product that Dr. O’Malley had developed.



Your GUIDE TO HEALTHY TEETH

A Mother's Story-continued

Now, I know a bit about the effect of probiotics on the gut and the difference adding good bacteria makes to health, but I had never heard about one that could help with oral problems.

I was excited about using probiotics that could help to reverse the overgrowth of terrible bacteria my son and daughters were experiencing for some reason.

Great news! My son has now been taking the Great Oral Health probiotics for about 4 months, along with two "HealOzone treatments,"
AND THE DECAY PROCESS HAS HALTED!!!!

Nothing had stopped or helped reverse the process before, despite being very strict with items he ate and so forth. But the combination of two "HealOzone" treatments and the Great Oral Health probiotics has made all the difference!

The decay has halted and the teeth are remineralizing and hardening!

As a result of these products we have been able to avoid the loss of my son's teeth and of subjecting an infant to GA. I am so grateful for the two gifted men who took the time to make such a difference for us!

His teeth had been crumbling very quickly and were just being scooped out by the nasty bacteria. Yet you can see from the two pictures I have provided, with 8 weeks between, that the decay has gone no further.

And today, we are now a further 2 months on and his teeth have remained stable.



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A Mother's Story—continued

I would definitely recommend using the Great Oral Health probiotics, as prevention is always better than a cure.

My only regret is that we did not discover the Great Oral Health probiotics and "HealOzone" treatment earlier before his decay ruined the look of his teeth.

It would have been great to catch it before it went from one tiny hole to signs of decay in all 4 front teeth within 6 weeks... and it just got worse from there.

For some reason, my children seem to be susceptible to ECC (early childhood caries) despite our best efforts.

For number four we will be using the Great Oral Health probiotics from the very first tooth erupting—and get the ozone done as a preventative.

And so, we hope to avoid a repeat!

Thank you so much for your wonderful product and all the research that has gone into it!"



Your GUIDE TO **HEALTHY TEETH**



Chapter Twelve **Dental Care Basics**



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YOUR DAILY DENTAL CARE EXPLAINED

First, it always helps to have an objective in mind, that is to understand why you are doing something and what you are trying to accomplish. This makes it easier to think with what you are doing, and to make adjustments as needed to a routine.

So, here are the primary objectives of your daily oral health regimen:

- A.** Above all, you are seeking to disrupt the growth cycle of bacteria in your mouth. This helps to control the overgrowth of “bad” bacteria and also assists in the removal of their negative byproducts. Target areas are: 1) the biofilm on the surface of your teeth, 2) the gum tissue around your teeth and 3) the back of your tongue.
- B.** Removal of food particles and sugars, as this restricts the energy sources for “bad” bacteria and inhibits their growth cycle.
- C.** Promoting the establishment of a healthy, harmonious bacterial balance. This is accomplished by A & B above, as well as by dietary improvements and, ideally, the addition of oral probiotics that will add an effective blend of beneficial bacteria to your oral biome.
- D.** Cleanliness, fresher breath and a better appearance go hand-in-hand with better oral health. Achieving those is a great objective, a source of motivation and a reason to smile!



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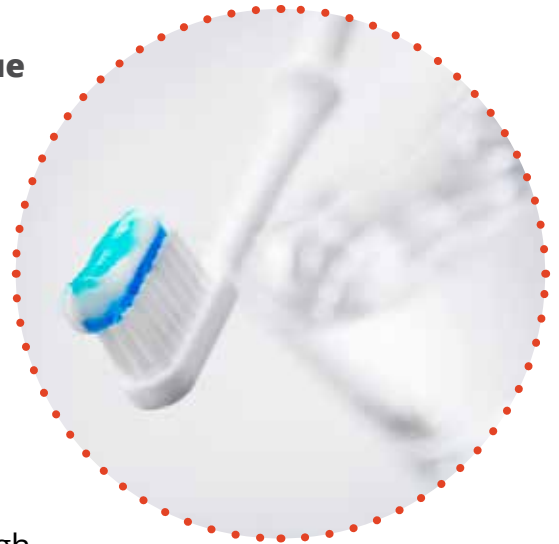
Your GUIDE TO HEALTHY TEETH

Only brush and floss the teeth that you want to keep



BRUSHING YOUR TEETH

We follow and recommend a brushing technique called the “Modified Bass Technique” and explain it below, with illustrations following. (There are plenty of videos on YouTube as well)



1. Use a soft bristle brush, there is absolutely no need for stiff, tough bristles and they will do harm to your mouth over time. It obviously should be comfortable to grip and should have a wide enough set of bristles so as to be able to gently access enough surface without having to “dig in.”
2. You have FOUR areas to clean: One, the upper outside, Two, the upper inside then Three, the lower outside and Four, the lower inside. It is a flow, start at one end, flow to the other, then switch to the other side. Hit all sections equally. Start on the upper right corner and just do ALL four areas.
3. Hold your toothbrush at a 45-degree angle to the teeth and gums—pointing up into the gums for the tops and pointing down into the gums for the bottom.
4. Apply gentle but firm pressure (just enough to feel the bristles but not to crush them) and then use quick vibrational motion to the teeth and gums (think massage). Use this gentle, vibrational motion for 10-15 seconds on each section and you are done. No need for super-long brushing sessions, just enough to clean out the food particles, sugar residues and **to disrupt the biofilm.**

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BRUSHING YOUR TEETH, CONTINUED

It is beneficial to think of brushing as a gentle massage of the area where the tooth meets gum. That massaging action helps to stimulate the gum tissue and can assist the gums in clearing toxins.

5. Rinse with clean water. You can also go that extra step and rinse with some mild salt water (use sea salt, a half-teaspoon to a cup of water) which helps establish a non-acidic pH in your mouth.

6. Twice a day is recommended. Some folks might like to add brushing after every meal, and then again at night. This is OK but **ONLY** if you follow the GENTLE TOUCH guidelines, as above.

Over-brushing, especially if it is vigorous or with a hard brush, is damaging to your enamel and to your gums. But, to be honest, you really only need to brush twice a day, perhaps a third. More than that is non-productive and can be damaging. Tip: small mouth? Try a kid's brush.



That's it for brushing! Simple enough.

Now, some illustrations on the Modified Bass Technique.

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MODIFIED BASS TECHNIQUE



Hold your brush at a 45-degree angle to your teeth and gum line

- Hold the toothbrush sideways, at a 45-degree angle to your gum line. Some of the bristles should touch both the gum line and the upper part of the teeth.
- Move the brush back and forth, using short vibrating-type strokes. Keep it gentle.
- Get the idea of keeping the bristles in one spot but the head of the brush moves and wiggles up and down, back and forth. The idea is to allow the bristles to gently clean under the gum line and in the crevices.
- Depending on the size of the brush, you will hit 2-3 teeth at a time.
- Do this for about 20 strokes and then move on to hit every tooth, upper and lower, inside and outside.
- The modified part is to also clean the tops or biting surfaces after you have finished with the “massage” part of the brushing.

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HOW TO BRUSH ILLUSTRATED



**Use a soft brush.
Hold the brush at a 45°
angle, bristles in contact
with both the teeth and
the gumline.**



**Using gentle pressure,
now make vibratory
motions—up, down and
around. Keep bristles in
in contact and move the
hard brush end.**



**Clean the inside teeth in
the same way. Start at the
top front left, work to the
right, then same on the
top inside. Repeat on the
bottom teeth, both sides!**



**Use a soft brush.
Hold the brush at a 45°
angle, bristles in contact
with both the teeth and
the gumline.**



**Use a soft brush.
Hold the brush at a 45°
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**Use a soft brush.
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TO FLOSS OR NOT TO FLOSS

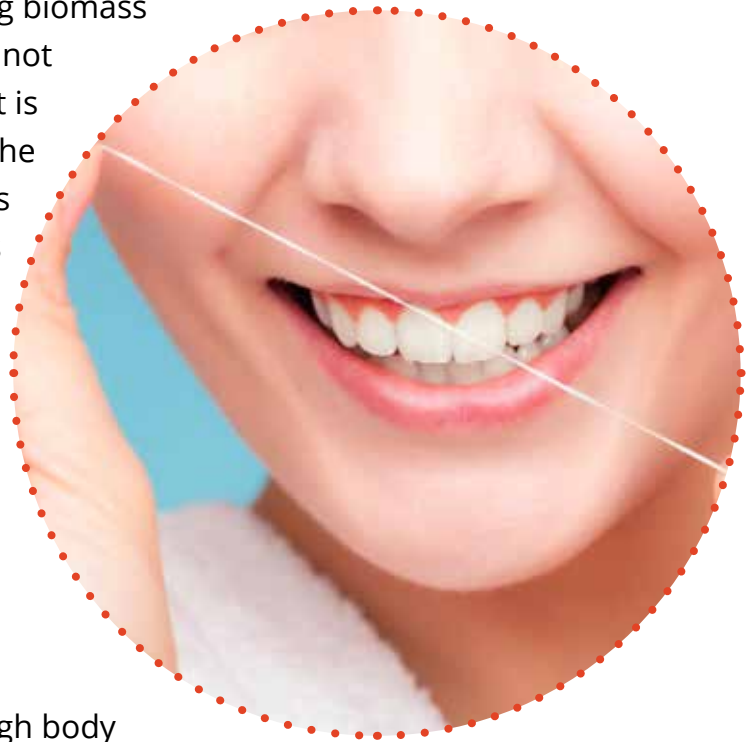
Yes, we all have that question and the answer is, “Only floss the teeth that you want to keep.”

While we tend to think of flossing as an effective way of removing food from between our teeth that is only its secondary purpose. Flossing's main and most important purpose is *to disrupt the bacterial growth cycle and inhibit build-up.*

Plaque formation is a normal process in your mouth and it will continue for as long as you live. The biofilm that covers your tooth surfaces is made up of bacteria, and these live and die, leaving biomass behind. Kept under control, plaque does not pose a problem (which is good because it is unavoidable). But when left unchecked, the plaque turns into hard tartar—which looks ugly (yellowish-gray) and leads to various stages of gum disease, bone loss and tooth decay.

When you floss, your aim is to break apart the bacterial groups (you will never permanently stop them) and disrupt their growth formation cycle.

It takes 24-hours for the bacteria in your mouth to regrow and reach a large enough body that they can cause damage. This is why DAILY flossing is so important and “catching up” on another day does not do the job.



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Your GUIDE TO HEALTHY TEETH



THE WHEN AND WHY OF FLOSSING

When should you floss?

Flossing is so important that you should ideally do it after every meal, but we know this is not always practical so the minimum is once daily and the best time for that is before bedtime.

(By the way, the main reason “before bedtime” is the most important for brushing and flossing is that your saliva flow diminishes at night. Saliva flow is critical for maintaining a healthy pH balance, controlling bacteria and assisting the remineralization of your teeth. So, with a diminished saliva flow, your mouth is in a weaker state and that is why you must brush and floss before bedtime.)



Understanding the why of flossing.

Bacteria regrows in a 24-hour cycle and its primary goal is to survive.

After millions of years, bacteria is out to survive. In your mouth, this means that it has learned to dig down into the gums so that it can escape the toothbrush that it “knows” is coming. Daily flossing reaches down into the gums and defeats the evasive tactics of the oral bacteria, keeping them from entrenching beyond your toothbrush’s reach. The routine of DAILY FLOSSING is critical to disturbing and disrupting the growth cycle of bacteria not only on your tooth’s surface but deep down in your gums where they have learned to hide out and survive. There is no substitute for consistent daily flossing.

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STEPS TO FLOSSING, EXPLAINED

How to floss? (See following illustrations)

- 1.** First choose a suitable floss for your teeth (I recommend “GLIDE” to my patients). There are two basic types: a) Multi-thread/multi-filament floss and b) Single strand, or monofilament, floss. It is generally better to use a *single strand type*. As there is just one thread, this floss makes for a smoother glide between tight spaces, is less likely to break apart and will provide an easier flossing experience—so you are more likely to floss!
- 2.** Take a piece of floss (about 18”) and wrap it around your middle fingers. Then place your forefingers, or thumbs, onto the floss and you are ready to start. (Some people find it easier to use the thumbs instead of the forefingers when flossing the tops, but do whatever works for you)
- 3.** You want to floss around each tooth, both sides, so it is better to establish a habitual starting spot. Once again, this would be whatever works for you.
- 4.** Gently work the floss down around the side of the tooth. The floss should be hooked around the tooth like the letter “C” just below the gum-line, ideally about 2-3mm into the gum.
- 5.** Gently move the floss in an up-and-down motion, then in a back-to-front motion. It is light touch, working over the area between the gum line and the tooth to remove any debris and to disrupt the bacterial biofilm—no heavy-duty scrubbing allowed, nor any vigorous sawing!

Your GUIDE TO HEALTHY TEETH



STEPS TO FLOSSING, CONTINUED

6. Proceed to complete flossing on all teeth–this includes those rear molars!
7. Although there is not any real difference if you floss or brush first, many people find that flossing first is preferable. It is suggested that this sequence can improve the effectiveness of the active agents in toothpaste. But either way, just be sure to floss.
8. However, if you do floss after brushing, then give your mouth a rinse to remove any residual debris.
9. As an additional, bonus step you can add a few drops of an essential oil blend to the floss. This will greatly improve the effectiveness of flossing and significantly step-up bacterial control. One super product is our Great Oral Health *OraRestore* formulation, available on Amazon. Its blend of essential oils was researched by our founder, Dr Paul O'Malley, and this blend is effective for bacterial control, as well as delivering fresher breath after meals.

That covers flossing.

While both flossing and brushing are important, if you had to choose (not sure why you would) then flossing is more important than brushing–but seriously, do both!



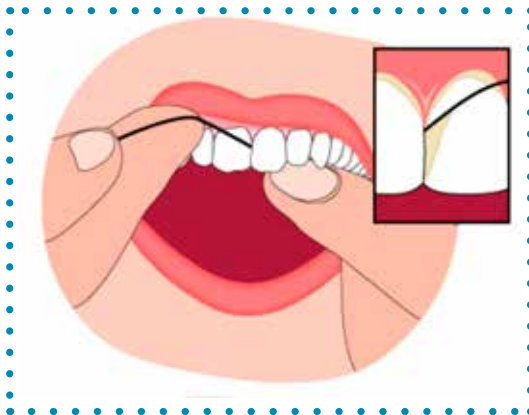
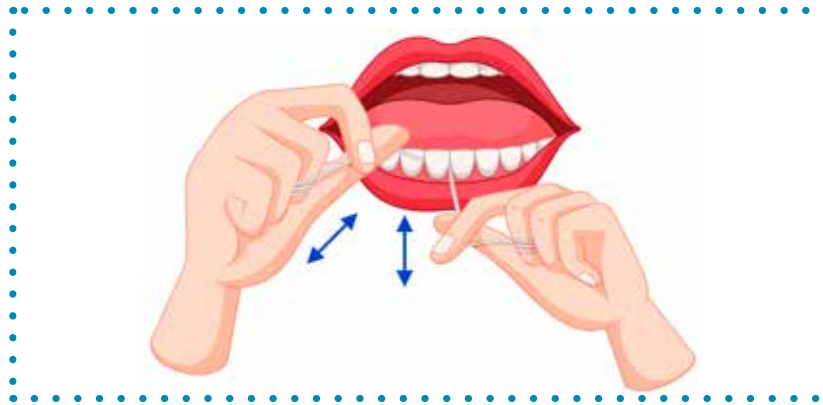
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OTHER STEPS AND DAILY ACTIONS

While brushing and flossing are the two biggies, there are additional steps and actions one can do.

Some of these actions are quite useful for “running about” and dining out (flossing or brushing teeth at the table is great for your mouth but terrible for your social life!).

First, Ongoing Dental Care

As the old saying goes, “A stitch in time saves nine.” Preventative care means exactly that—preventative. Catching problems early can save huge expenses in time and money, or more importantly save your teeth and gums! Regular cleanings, and the occasional “deep cleaning” are extremely important in terms of not only maintaining your oral health but in raising it to a high state.



So, see your dentist every six months for a check-up and get a cleaning done. In the long run, you will save tons of money and spare yourself the pain and discomfort of bad teeth and gums.

Reminder, the three main reasons that people don't see a dentist are: cost, time and fear of pain. These may be valid concerns, but putting it off ONLY makes these three much, much worse. So, make it a habit to see your dentist every 6 months.

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Your GUIDE TO HEALTHY TEETH



TONGUE SCRAPING

Cleaning your tongue

The back of the tongue is a great breeding ground for bacteria which form the number one source of chronic bad breath. The tongue has many bumps and crevices that bacteria love to hang out in. Especially for post-nasal drip sufferers, tongue cleaning can help clear away excess mucus that builds up during sleep.

Gently cleaning your tongue helps to rid gunk and debris from the surface, and disrupts the bacteria growth cycle. **Especially for chronic bad breath sufferers, routine tongue scraping can prove to be very beneficial.**

The action itself is super simple, with the only hazard being that people get way too enthusiastic, which can harm the soft tissue of your tongue. There is NO reason to go hard or to overdo it, just keep it gentle and short.

The “gag reflex” is a problem for most but, in a way, this is good as there are some delicate bumps at the very back of your tongue and this gagging discourages a hard scrapping of those. You will also find that as tongue cleaning becomes a habit you will likely get less sensitive and it won't trigger as severe of a gag reflex.



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A GUIDE TO TONGUE CLEANING

Here is how you do it:

While you could use most any stiff edge, even a spoon, the stainless-steel cleaners that are shaped like an elongated and narrow “U” are the best choice. These normally have little handles on each end for easy grasping. Check out Dr. O’s stainless-steel tongue cleaner in our products section. Created by Dr. O’Malley, it has a unique ergonomic design for comfort and effectiveness.

NOTE: In any case, make very sure that the blade that runs over your tongue is not sharp as you don’t want to injure or irritate your tongue, just lightly clean it.

Place the end of the loop at the back of your tongue. It is usually best to start at the center, pull forward a couple times—lightly skimming the surface of your tongue—then do both sides. It takes about 6 pulls, just until there is basically no more debris being collected.



This action is best done as the first step in your regimen, then follow with the floss and brush. This sequence allows for any toothpaste or rinses that you use to better penetrate the tongue surface and target the bacteria.

Pretty simple, just keep the motion and pressure gentle, don’t overdo it and do it consistently. You will experience a healthier mouth and fresher breath as time goes by.

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Your GUIDE TO HEALTHY TEETH



ORAL CARE, ON THE GO

Away from home it can be inconvenient to slip away for flossing and brushing, and certainly a busy day does not allow for that luxury, nor is it essential. Here are some helpful tips:

A quick rinse, plain water or saline: A simple water rinse can help stem the tide of bacterial damage. We have all done the bathroom mouth rinse and the finger brush when in a pinch but there are a couple points to greatly improve the effectiveness of this action:

1. Wait 20 to 30 minutes before brushing your teeth after eating. Your body will produce saliva when eating and you want to let your saliva do its job in the mouth. Saliva breaks down foods, counteracts bacterial growth and balances the pH levels. So, give it a chance to work.
2. Flossing and a water rinse is OK right after eating. Adding a bit of sea salt to the rinse will increase the effectiveness. Mild saline water is excellent for healing the gums and for restoring a balanced pH level.

Xylitol Gum: Xylitol gum is a great way to keep bacteria in control and to help clean your teeth after meals. Plus, as chewing gum stimulates saliva flow, this habit can assist with improving pH balancing and remineralization.

Xylitol is a great antibacterial agent, in moderation, as recent studies have shown that Xylitol is more active against the “bad” bacteria and is far less harmful to the good bacteria that you are trying to encourage. This means that it can be of assistance in the bacterial balancing act.

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ESSENTIAL OILS ARE YOUR FRIEND

A Super and Natural Oral Health Booster!

It seems that hardly a day goes by without someone finding a new and beneficial use for essential oils. Well it is no surprise that certain blends of essential oils are highly beneficial for your oral health. And they are so simple to use as well as super easy to carry along for a quick breath freshener or mouth clean up after a meal. And, *while we definitely do not recommend that you stop flossing*, there are some clinical studies that have shown that using these essential oils is equally effective to flossing in terms of bacterial control.

Just a few drops on a toothbrush, or on your finger if you are out and about, a light brushing and/or rubbing onto the teeth and gums, and antibacterial control is at work! You can even add a few drops to water to make your own rinse or gargle. For breath control, add a drop or two to the back of your tongue and swish around.



Finally, for a super boost to your flossing routine, add a few drops to your floss and this will really give bacteria a run for its money.

Similar to Xylitol, these essential oil oral blends are more active against the “bad” bacteria and fairly neutral to the “good” guys.

Our formulation, *OraRestore*, is all natural, non-chemical, and does a body good.

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WHAT ABOUT FLUORIDE & MERCURY?

Let's keep this discussion simple. Both the use of fluoride in your toothpaste, and in your water supply, is approved by not only the American Dental Association but by Federal Agencies. At the same time, there are mountains of books and information covering the potential hazards connected to both these substances. There is far, far to much to cover on this subject here and now.

That being said, you should get informed and you do have a choice about what you put into you and your family's bodies.

While these groups state that the low-levels being used are safe, there is the very valid argument that a one-time, low level exposure might be safe BUT not necessarily safe over a long period of time, especially when that exposure is CONSTANT as in your mouth.

Fluoride is a recognized toxin. Mercury is a very toxic and poisonous substance. We won't go into all the dangers or potential physical issues, as that is a subject all by itself. For more information on this subject visit www.IAOMT.org.

The point is that *these are toxins* and you should consider whether it is worth the risk to put these in your body, particularly as there are healthy solutions readily available. Get informed and make a choice.

One caution is that if you currently have mercury fillings then DO NOT have them replaced by anyone who is not fully trained and equipped to do mercury-safe removals. Otherwise you could be exposed to unsafe levels of mercury.

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Your GUIDE TO HEALTHY TEETH

Dr O's Simple Yet Effective Hygiene Steps

Out with the bad bacteria in with the good! Oral Balance and Great Oral Health

TO DO	Your morning & night routine
Step A	Clean your tongue using our Dr. O's tongue cleaner. See pages 69-70 for information on proper application.
Step B	Brush with a soft brush (you can add our OraRestore for maximum freshness). See pages 58-62 for best results.
Step C	Floss (to disrupt the bacteria hiding between your teeth). See pages 63-67 for proper technique and illustrations.
Step D	For super maximum fresh breath, mix water with a few drops of OraRestore essential oil blend & swish/gargle.
Step E	At night, just before bed, take 2 of our patented 7-strain advanced oral probiotics. See pages 38-39 for application.
Optional	Pack 2-3 oral probiotics to take during the day for maximum freshness and health.

Important: See your dentist every 6-12 months, or as needed, for a good cleaning and regular check ups. It's always best to catch things fast.

You will discover that with the above routine you are likely to experience what so many others have reported... rave reviews from your dentist and hygienist along with greatly improved oral health, fresher breath and the confidence to smile!

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Your GUIDE TO **HEALTHY TEETH**



A Closing Word



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Your GUIDE TO HEALTHY TEETH

Thank you for taking the time to download and to read our guide to healthy teeth for life.

We would love to say that this is a definitive work and that we have said all that can be said on the subject, or as the line from a musical, "We've gone about as far as we can go..."

But we did not set out to write a 500-page book. Nor is it wise to say that the field will not continue to evolve and advance.

Which is why we plan to update this eBook as time goes forward.

By signing up on our email service you will be notified of any updated versions and these will remain completely free to you as our gift.

Additionally, by joining our newsletter and email list, we often offer great discounts on our oral health products, you are "in the know" with special offers on our new products being released and get to learn from our short, informative emails that go out every few weeks.

And we do respect your time, so we will not be bombarding you with daily emails and offers. We usually email about twice a month or so.

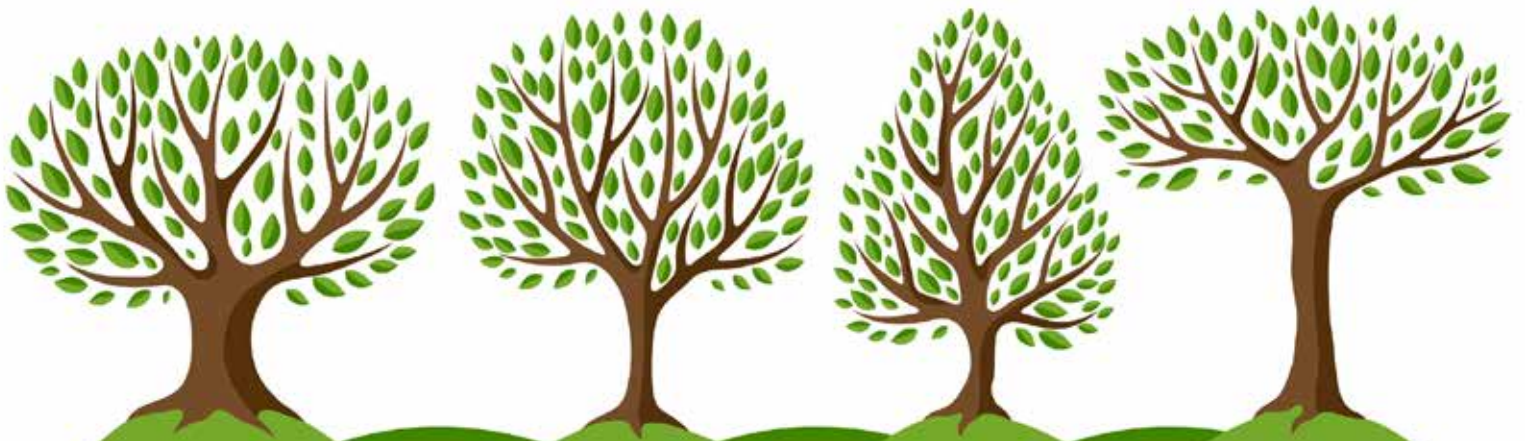
Thanks again and please email us with any questions or feedback that you may have!

*The best to you and yours,
Dr. Paul O'Malley*

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Our Products



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Our CURRENT PRODUCT OFFERINGS



Our advanced blend of oral probiotics comes in two adult flavors and also a children's version. With 7 strains of potent beneficial bacteria, including; the powerful BLIS K12™ and BLIS M18™ plus 5 other supporting strains. Our oral probiotics are a *patented* blend and represent years of research and development. They are all-natural, sugar-free, gluten-free and safe for lactose intolerant individuals. Proudly made in the USA.



OraRestore, a targeted essential oil blend uses the proven power of essential oils to deliver effective bacterial control and fresh breath enhancement. Used along with our patented blend of oral probiotics, these oils can boost the restoration of a healthy bacterial balance. On their own, this blend is a great oral health aid, perfect for use during the day, travel, instant mouthwash and even as a toothpaste replacement. All natural & made in the USA.



Dr. O's surgical grade stainless-steel tongue cleaner has a proprietary design for ergonomic use and to be gentle on your tongue. Used daily, this tongue cleaner is a powerful part of building great oral health and for maintaining healthy levels of bacteria in your mouth. Particularly for bad breath sufferers, a tongue scraper helps to control and inhibit the overgrowth of the bacteria that is the primary source of most all chronic bad breath.



AVAILABLE ON AMAZON AND ON OUR WEBSITE

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Great Oral Health

MAILING ADDRESS

2222 Foothill Blvd
La Canada, CA 91011

PHONE

818.659.5630

EMAIL

support@greatoralhealth.com

WEB

www.greatoralhealth.com